

Good Health Most Priceless Possession of Man, Says Dr. Smart at 'Varsity'

Splendid Lecture on "Good Health and How to Maintain It," Delivered to Students of University of New Mexico This Morning By Well Known Physician and Surgeon; Summed Up in Three Words, Rule for Highest Efficiency Mentally, Morally and Physically, is "Moderation."

The keystone of good health is temperance in all things. To maintain good health, do all of your eating, sleeping, working and playing in a strictly temperate manner, so said Dr. Robert Smart, physician and surgeon, in the course of an interesting and entertaining lecture at the University of New Mexico this morning on "Good Health and How to Maintain It." The lecture proved one of the very best that has been delivered to the students of the university during the year and they expressed their appreciation by enthusiastic applause as the speaker concluded his remarks. Dr. Smart's lecture in full is given herewith:

Good health is the most priceless possession of man. It is a commodity of which we think lightly while we possess it. Once we lose it there is nothing we would not give to regain it.

The science of medicine has as its particular aim the investigation of the causes which destroy health. Its widest and most scientific side is the prevention of these causes as they affect the individual.

This science is of growing importance both to the individual and to the public at large.

Each day this importance is becoming more significant. Society, coming in contact with the doctor usually in his treatment of the isolated case, has come to look upon the medical man as mainly a healer of the sick or dispenser of pills and has failed to grasp the real scientific goal of the profession at large, which is the prevention of disease and consequently the maintenance of health.

There is an old saying that "The best way for a country to be assured of peace is to be continually prepared for war."

Just now when there are so many wild rumors of war with Japan I venture to state that the place on our Pacific coast for one to go who did not wish to hear a shot fired would be San Francisco, the reason for this being that the city is well fortified with coast artillery, whose heavy guns control the sea for miles around the city. The ocean about San Francisco is dotted out into small squares and two or three of these heavy twelve-inch rifles each can open fire *interior* of these squares with deadly precision.

If a ship wishes to be blown out of the water, all that is necessary for her to do is to enter one of these squares with hostile intent and the defenders of San Francisco will do the rest for her. All navies know that it is absolutely suicidal for war vessels to attack, or even get within range of coast fortifications. Therefore on account of its preparedness for attack I venture the assertion that in the event of war with Japan, San Francisco would not be attacked by the enemy's fleet.

And so it is with disease, the best way to fight disease is ever to be prepared for it by maintaining the highest health efficiency. The person who keeps himself in good physical condition by means of proper living is like the fortified town, prepared for attack, and if the bacteria, which cause so much of our sickness and resulting deaths, and the good sense of warships, they would like the war vessels never expend their energies upon the fortified, because they would know that it meant to them certain destruction.

But bacteria, unlike the warships, not being guided by human intelligence, lack this knowledge and there is not a day goes by that you and I and all of us are not attacked by some of these little vegetable warriors, but being prepared, by reason of our good health, and on account, perhaps, of the attack being made by a small force, we have met and defeated the invaders and the defenders of our system have so easily overcome them that we ourselves have not even been aware that the skirmish has taken place.

Let the attack be made in force by the bacteria, or let the defenders of the body be unprepared from any cause whatsoever, and there is another story to tell.

In speaking to you this morning about health and how to maintain it, I wish to limit my remarks more especially to a class of sickness to which we are all prone to attack, called contagious diseases. By reason of the fact that these diseases are all parasitic, that is, they are caused by the entrance into the system of some parasite, and that it is possible in

rise to the symptoms of one disease. The germ which causes tuberculosis never gives rise to any condition other than tuberculosis. It is just as impossible to sow apple seeds and expect to pick pears from the resulting tree, as to make a man swallow typhoid germs and expect the symptoms of yellow fever to follow.

Therefore these diseases are called specific, in that a specific germ invariably gives rise to a specific disease.

I will not have time to go into this subject deeply enough to show you how each of these different germs get from one individual to another, as I have already told you they cannot move themselves and so have to depend upon the air, insects and objects which may be moved to carry them from one place to another.

Generally speaking, they gain access to the human system by three routes: 1. by inhalation; 2. by swallowing; 3. by entering the blood by means of breaks in the continuity of the skin or by means of the bites of insects. I may say here, however, that the organisms causing malaria and probably yellow fever, transferred to the human through the agency of the infected mosquito, are not parasites, but the lowest form of animal life.

Now, the all-wise Creator, in putting us in this world, was well aware of the invisible foes which would attack us from all sides and in order that we might not fall easy victims to these he created within us an invisible army of defenders. This defending army is contained in the blood. The blood of each one of us contains a specific substance antagonistic to each of the specific bacteria which may attack us. Some of us have these antagonistic substances contained in the blood to a greater extent than others, which accounts for the fact, that of two persons equally exposed to an infection, one may succumb, while the other may have only a very mild case, or escape it altogether.

The antagonistic substances may be, so to speak, unequally divided in the blood, so that they may be a very strong army to oppose an attack made by the bacteria of tuberculosis, and a very feeble defense made against those of scarlet fever or measles, in which case that individual would be said to be very susceptible to measles and scarlet fever and practically immune from tuberculosis.

These anti-substances are under normal conditions in the blood of each one of us and usually in sufficient quantity to ward off attacks of infectious sickness. If, however, in a particular case, they should be insufficient to cope with the number of bacteria gaining entrance, the very attack of the bacilli stimulate the cells of the body to manufacture more and the battle between the bacilli and the anti-bodies in the blood begins in deadly earnest. During this battle the individual is down sick with the disease and the ultimate outcome of the case depends entirely upon whether the anti-bodies can gain the mastery of the situation or whether they have to acknowledge defeat at the hands of the bacteria.

What I wish you to gather from all of this is simply, that there are certain specific bacteria which attack man giving rise to certain well-marked diseases; that in the blood of man there are certain anti-bodies, so-called, that are specifically antagonistic to each of these bacilli, and that in case of a decided attack, the cells of the body have the power to manufacture more of these anti-bodies than usual. After recovery from some of these diseases, the blood has manufactured such an abundance of them that the individual can never have another attack of that particular disease.

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The harmful ones, man's enemies,

are called pathogenic organisms, and

these are the specific causes of most

of the contagious and infectious dis

eases of man; the diseases which I

have classed as preventable.

The diseases which form this class

are chiefly: tuberculosis, grippe, pneu

monia, typhoid fever, measles, scar

let fever, diphtheria, small pox ma

laria and yellow fever. There are many

others but these are the more com

mon ones.

Each of these is caused by a par

ticular organism, which, gaining access

to the body develops, grows and gives

certain effects we have then figured

out the theory of the thing. We have

done this more recently in the study

of the use of fresh air. The con

clusion was the first one to show us

that if we lived life after the man

ner of those who were well that he

would very shortly die, but that if he

lived continually in the open out

of doors that his materially improved

his condition or got entirely well.

Following this fact still further we

find misguided occupants shutting

out most severely the sweetest, clean

est and best medicine that they can

procure.

It seems to me that many people

have a misconception of the use of

air in their houses. In cold weather

they close the windows and doors,

heat the air and use it to protect

them from cold. This is wrong.

Everything in life should be used

for its proper purpose and air was made

for us to breathe, to oxygenate and

purify the blood and not to be a sub

stance for clothing.

Get the habit of living and partic

ularly sleeping in the open. If it more

convenient, it will do.

It will do more

than any one thing else in increasing

your resisting power against any

bacterial disease invasion. Do not be

afraid of cold, wet or wind; protect

yourself from the direct violence of

all three, but not by cold, wet or dry,

but by getting out in abundance, and

in time of need you will have no

cause to regret it.

To live correctly, to develop

strength of mind and body, food is

necessary. This food must be chosen

correctly, cooked correctly and eaten

correctly in order to be beneficial.

There are today many fads and

fancies in regard to food. There are

those who deny the use of veget

ables as useless and say meat is

a tissue